

# DO YOU GET UP WITH A LAME BACK?



Kidney Trouble Makes You Miserable.

**SWAMP-ROOT** Is the Great Remedy for Kidney, Bladder, and Uric Acid Troubles--To Prove for Yourself Its Wonderful Merits, You May Have a Sample Bottle Sent FREE by Mail.

You are in no danger of being sick if you keep your kidneys well.

They filter your blood and keep it pure and free from disease-breeding germs.

Your other organs may need care, but your kidneys most, because they do most.

If you are sick, begin with your kidneys, because as soon as they are well you will help all the other organs to work.

The treatment of some diseases may be delayed without danger. Not so with kidney disease.

Swamp-Root is the great medical triumph of the nineteenth century, discovered after years of untiring effort and research by the eminent kidney and bladder specialist, Dr. Kilmer, and has truly wonderful healing action on the kidneys and bladder.

It will be found by both men and women just what is needed in all cases of kidney and bladder disorders, lame-back, blad pain or ache in the back, gravel, scurvy of the bladder, rheumatism, sciatica, neuritis, uric acid troubles, and Bright's disease, which is the worst form of neglected kidney trouble.

If your water, when allowed to remain undisturbed in a glass or bottle for twenty-four hours, forms a sediment or settling, or has a cloudy appearance, it is

evidence that your kidneys and bladder need immediate attention.

Dr. Kilmer's Swamp-Root corrects inability to hold water and promptly overcomes that unpleasant necessity of being compelled to go often during the day and to get up many times during the night.

This prompt, able, wonderful remedy is easily got at the drugstores, in centers or bottles. Make a note of the name--SWAMP-ROOT. Dr. Kilmer's Swamp-Root, and remember it is prepared only by Dr. Kilmer & Co., Binghamton, N. Y.

## LEXINGTON.

A Budget of Personal--Former Student in Manila.

LEXINGTON, Va., February 18. (Special)--Mr. William L. Anderson has returned from a trip to Cebu county, having passed through the blizzard while traveling in the mountains.

Miss Annie E. Stanard, who is a teacher in the High School in Roanoke, is here on a visit, owing to the closing of the schools in Roanoke by the cold weather.

Mr. Benjamin H. Gorrell is visiting his brother, Professor J. Herndon Gorrell, of Wake Forest, N. C.

Miss Little Callett, of Charlotte county, is the guest of Mrs. Robert Callett.

Miss Maggie Freeland is absent on a visit to Baltimore.

Miss McMurtry, of Philadelphia, is the guest of Miss Bertha Howell.

Mr. Frank T. Glasgow, who spent several days in Fincastle this week, has returned.

Thomas C. Kinney, Esq., of New York city, is the guest of friends here--Hon. H. St. G. Tucker and Mr. E. Morgan Pendleton.

Mr. C. W. Howard, of Washington, D. C., is visiting his son, who is a cadet at the Virginia Military Institute.

President William L. Wilson, of Washington and Lee University, has returned from Winchester, after being detained there several days by the inclemency of the weather.

Mrs. J. Shepherd Clark, of New York city, accompanied by her daughters, Misses Antonia L. Clark, Lucile Clark, and Anna Clark, and Miss Clara Delaplaine, of New York city, are here visiting Mrs. Clark's son, Cadet Paul Clark, of the Virginia Military Institute. They will remain here for several weeks.

Mr. James A. Walker has returned from Birmingham, Ala., where he was called by the illness of his brother-in-law, Rev. C. G. Brown, pastor of the Second Presbyterian church in that city.

Miss Eudie Paddox, sister of Bishop Paddock, and head of the "Girl's Friendly Society," of America, is the guest of Mrs. William A. Anderson.

Captain A. L. Duncan, who served several years ago as a sub-professor and later acting commandant of the Virginia Military Institute, is a captain in command of one of the Montana companies which has been fighting the Filipinos at Manila. When the war broke out last spring he was practicing law in Montana (having graduated from the law school of the Washington and Lee University while a professor at the Institute) and immediately enlisted in a Montana company and was elected captain. When troops were hurried to Manila after Dewey's victory he went with his company in the First Montana Regiment.

Mr. H. N. Egoff and family, of Buena Vista, are visiting friends in Spring City, Pa.

## More Rigorous Winters.

In some parts of Virginia, where headquarters dwellings and other buildings have been chiefly constructed with stone, timber, hereafter they will be constructed and the structures as well as equipped and furnished with a keen recollection of the rigors of the winter. This is especially true of the whole State not included in the southeastern and Tidewater sections. Northern fortifications against frigid cold will have to be adopted.

A correspondent tells us that at his residence, two miles in a straight line directly north of Trevillian Depot, on the Chesapeake and Ohio railway, the thermometer on the south porch of his house has been frequently several degrees below zero since Christmas, and that at 7 o'clock in the morning of the 10th of February the thermometer stood at 18 degrees below zero. This is excessive and remarkable cold weather in that altitude, especially for recent years. Our correspondent also states that for two weeks, until February 7th, snows have been almost incessant, though not in heavy storms or falls; but that its depth around averages nearly two feet. The weather is clear and bright, yet very cold, fortunately not windy.

The people of Virginia generally have been accustomed to mild winters, and they feel the rigors of the present season the more sensibly for that reason.

## CASTORIA.

The Kind You Always Bought

Signature

Chat H. Fletcher

L. F. & W. W. W. W. W.

## HIS TONGUE FROZEN.

THE IDLER'S HANOVER SIRE IS NOW IN TOWN.

## "THE OLDEST INHABITANT."

This Venerable Rural Citizen Driven to the Wall and Completely Rooted by the Snow-Storm--He Has No Precedents to Belittle the Present.

Pa is down from Hanover visiting me. The old gentleman is well on in the eighties, but he's Hale and hearty, though he surely does grow more aggravating every day. When people get well in years they show all kinds of little peculiarities, and if you ain't used to 'em they'll worry you to death. Now, the old gentleman enjoys the distinction of being the "oldest inhabitant" up in the country, and when he comes to Richmond he sees nothing so wonderful that he cannot duplicate it from his boundless store of personal reminiscences.

Folks say pa looks like me, though I thank the Lord I haven't got his ways. A kindly light peeps from his goose-blue eyes which peer out from a lemon-colored furze that overhangs them and his storm-beaten nose is ever ruddy and glowing. His has never gotten gray for his hair and whiskers are sand-colored, and in cold weather when the spray freezes on the latter his hirsute appendage looks like broomstraw with frost on it. His neck perpetually exhibits the redness which suggests sirloin beefsteak. And on his honest hands there are callous spots and horny protruberances which indicate a life of toil. Several of his fingers look as if they had been mashed with a hammer and afterwards became ossified. Pa never did shy at work 'ceptin' at Christmas times and just before elections, or when fish were biting or rabbits were "using" around in the slashes or the weather got hot or something of that sort.

As I have said, he is the grand repository of reminiscences, and they say he holds down the job of "oldest inhabitant" better than any man who ever graced Hanover county. It is my private opinion that nothing ever happened in the United States without first arranging to have pa right on the scene of action. If the old gentleman failed to put in his appearance the anticipated event was postponed, or postponed itself. In 1810 three terrific tornadoes, calculated to do untold damage to all sections of the State, abstained from occurring, because pa had gone down to Mississippi at the time to buy some negroes. And just before elections, or when fish were biting or rabbits were "using" around in the slashes or the weather got hot or something of that sort.

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